

Veggie Fried Rice

Recipe credit: Erika Pernot, MSW. Senior Services Case Manager with ServiceSource

Ingredients

- 2 Tbsp oil
- 4 eggs, beaten
- 3 Tbsp gluten free soy sauce or coconut aminos
- ½ - 1 tsp chili flakes, to taste
- 1 medium zucchini, cut into cubes
- 1 red pepper, cut into small dice
- 1 lime, juice one half, cut second half into wedges
- Salt and black pepper
- Brown or white rice depending on preference (make 2-4 servings to have leftovers)
- Additional ingredients if desired: diced onion, diced avocado, summer squash, garlic powder

Directions

1. Heat a tablespoon of the oil in a large frying pan or wok.
2. Once hot, add the egg, a dash of gluten free soy sauce and the chili flakes.
3. Fry the egg, stirring constantly and breaking it up into small pieces with a wooden spoon as it cooks.
4. Once the egg is cooked through, golden-brown and broken into small pieces, add the pepper and zucchini and cook for 3-4 minutes or until the zucchini are tender and just turning golden.
5. Add cooked rice, the remaining oil and garlic powder (if desired) with two tablespoons of soy sauce or coconut aminos. Stir fry over a high heat, mixing constantly with a wooden spoon until the rice is hot and everything is mixed.
6. Taste and add more soy sauce if needed, plus a little salt and black pepper if necessary.
7. Turn off the heat, squeeze in the juice of half the lime.
8. Transfer to serving plates and garnish with the wedges of lime. Serve immediately.



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